



HEALTHY HARVEST

October 13th
9:00 AM - 2:00 PM
1310 Prairie, 16th floor

FREE HEALTH SCREENINGS

- Vision test
- Posture assessment
- Nerve compression test
- Body fat % test
- Blood pressure
- Total cholesterol & glucose
- Bone density (osteoporosis)
- Facial skin analysis (skin cancer)

GET A FLU SHOT

Be prepared this year and get your seasonal flu shot at NO COST*! Registration Recommended

**Eligibility criteria applies. Please see the Training website, www.hctx.net/training, for details.*

PLEASE REGISTER AHEAD OF TIME

For a fitness class or flu shot, please go to

www.hctx.net/training

Links are listed under **Employee Wellness:**

*Seasonal Flu Shot Registration
Health Fair Class Registration*

GET ACTIVE

- Wii Fit Experience
- Dance, Dance Revolution
- Putter's Challenge
- And more!

TRY A NEW EXERCISE

20-minute classes featuring various exercises:

*Pilates - Yoga - Dance - and more!
Registration Recommended!*

FIND HEALTH SERVICES

- County parks, centers and programs
- Nutrition & meal planning
- Cancer prevention
- Dental & vision health

Health Fair coordinated by
Human Resources & Risk Management.

For questions, please contact
Sarah Acosta at (713) 755-4827.

EXHIBITORS

Aetna
Aetna EAP
UnitedHealthcare Vision
SafeGuard Dental
DiabetesAmerica
Harris County FCU
Harris County Public Health
Harris County Sheriff's Office

Commissioner, Precinct 1
Commissioner, Precinct 2
Commissioner, Precinct 3
Commissioner, Precinct 4
West Houston Medical Center
Back On Track
EyeMasters
Allendale Bone & Joint Clinic

GMS Dental Centers
Berkeley Eye Center
Maxim Health Systems
Life Time Fitness
MD Anderson Cancer Center
Alzheimer's Association

Activities, exhibitors and services subject to change without notice.

